

# ① Psychological Theories of Emotion

## ② Zajonc (1984)

### ③ Primacy

## ⑥ Key Points

- Affective Primacy Hypothesis
- Precognitive emotions
- Suboptimal stimuli prime emotion
- Thalamus-amygdala link

## Lazarus (1991)

### Appraisal

## Key Points

- Appraisal Theory
- Primary, Secondary, Reappraisal
- Disagrees with Zajonc
- Knowledge & Appraisal needed

## ④ Emotions Triggered Before Cognition

- **Affective Primacy Hypothesis** - it is possible for an emotional response to begin before cognition has played any part in recognising the stimulus.
- ⑤ • This **precognitive process** is reserved only for **broad** discrimination between positive and negative affect (e.g. pleasant vs unpleasant)
- **Experimental Evidence** - positive or negative prime (smiling or scowling face) presented **sub-optimally**, could significantly influence judgements of preference for unrelated target stimuli
- **Neuroanatomical Evidence** - synapse leading directly from the **thalamus to the amygdala**.

## ⑦

## Cognitive Appraisal is Essential For Emotion

- **Appraisal Theory** - **Primary appraisal**: situation regarded as positive, stressful, or irrelevant. **Secondary appraisal**: individual considers their resources for coping. **Reappraisal**: primary & secondary responses may be re-evaluated.
- **Disagrees with Zajonc's theory** -- emotion can't arise without cognition
- **Rejects Reductionist view** - emotion can't be ascribed exclusively to an area of the brain
- Cognitive appraisal based on **acquired knowledge** is necessary for knowing whether or not to elicit an emotional response.